

Video 1 - Reflections

Feasts of the Guardian Angels and Archangels.

*I arise today,
through God's
strength to
hold me,
God's might to
uphold me,
God's wisdom to
guide me...*

*Saint Patrick's
Breastplate.*

Bible References taken from Christian Community Bible - Catholic Pastoral Edition:

Featured: Psalm 57 (v2,3,8,9,10,11,12)
Excerpts from Saint Patrick's Breastplate

Before we begin please make the sign of the Cross - In the Name of the Father and of the Son and of the Holy Spirit. Amen.

The Trinitarian God: Father, Son, and Holy Spirit. You are with us now as we come before you to the Eucharistic Heart of Jesus. You told us you would always be with us. That we would have you to call on your name and you will send your grace into the many situations and family problems which we bring before you now. Please send us your peace to calm us, please send us your peace to free us from anxieties; please send us your peace to heal the many spiritual wounds inflicted on our hearts and minds.

You are Our God - the One True God: Father, Son and Holy Spirit. All who call on you your name you are ours. In this new Pentecost give us courage and wisdom. Help us now. We bring before you the **Trinitarian Prayer** which we now say.

God the Father, life giving energy and source of all creation we adore, honour, praise and glorify your Holy Name. Jesus, Son of the Father, God the Son, Redeemer of all creation, we adore, honour, praise and glorify your Holy Name. God the Holy Spirit, fount of knowledge and wisdom, sanctifier of all life and creation we adore, honour, praise and glorify your Holy Name.

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When we come before you Lord Jesus we come with your mother, so we honour our mother and your mother. *Our Lady Queen Immaculate of our hearts - we venerate, honour, bless your holy name. Saint Joseph who is always with Our Lady who is always there to be a father to us, a surrogate father - Saint Joseph we honour, bless your holy name.* In this past week we have had the Feast Days of the Archangels and Guardian Angels - *Saint Michael, Saint Raphael, Saint Gabriel and all Heavenly Angels and Guardian Angels my own Guardian Angel we honour and bless your Holy names.*

Taize: Bless the Lord my soul, and Bless God's Holy Name, Bless the Lord my soul He leads me into life. (sung)

Prepare My Heart Prayer: *Prepare my heart, into my heart, into my heart, come into my heart Lord Jesus, into my heart, into my heart. Come into my heart Lord Jesus, come into my heart Lord Jesus every day in every way come into my heart and stay....* **Taize: Bless the Lord my soul...**

These moments are so very precious because they are times that we have put aside, put aside Lord Jesus to come and be with you. You are always ready and waiting, willing us to come and spend some time. Even though you know our frailties and how sometimes we can want to be here but just not make it. But here we are now ready to spend time with you to stay a little time with you as you give us your grace. **Taize: Bless the Lord my soul...**

Scripture to Reflect on Psalm 57:

'Have mercy on me, O God, have mercy, for my soul takes refuge in you: I will find shelter in the shadow of your wings till the disaster has passed. I call on God the Most High, on God who has done everything for me: may he send from heaven a savior and put my oppressors to shame. May God send me his love and faithfulness... My heart is steadfast, O God, my heart is steadfast. I will sing and make music. Awake, my soul, awake, O harp and lyre! I will wake the dawn. I will give thanks to you, O Lord, among the peoples; I will sing praise to you among the nations. For your love reaches to the heavens, and your faithfulness, to the clouds. Be exalted, O God, above the heavens! Let your Glory be over all the earth.'

So let's take a moment in this praise and thanksgiving to God for all He has done for us. Sometimes it is hard to remember this when we are deep suffering, when we are in deep pain. When the world seems to be going crazy and yet these moments that we have with you now Jesus. These times we give over in prayer- prayer for ourselves, prayers for our families, prayers for our communities you will answer that prayer deep into our souls your peace is what we require to have the courage to keep going forward. To have the courage to cry out you are my God and I will love you with all my heart, with all my soul, with all my being. In these moments Jesus as we open our hearts to you, as we consciously call on you, we take this time to absorb your healing, your grace and most especially your peace. **Taize: Father we adore you, lay our lives before you, how we love you. Jesus we adore you, lay our lives before you, how we love you. Spirit we adore you, lay our lives before you, how we love you.**

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Video 1 - Reflections continued.... Feasts of the Guardian Angels and Archangels.

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In these times of great trials let us reflect on some of the Excerpts of Saint Patrick's Breastplate, as a way to reflect and to meditate on the goodness and love that God has for each one of us. You are precious to Him, you are here to gain strength. He is here because He said that he would never be away from us. You can find Him here, you can find Him within you through Baptism, through the Pentecost of the Holy Spirit, you are a tabernacle of the Most Holy God. He has placed a little part of Himself in each one of us, a little spark, a spark of love. He calls you to love for that is all He can do. Our God loves unconditionally; He wants us to love unconditionally.

Saint Patrick's Breastplate.

*I arise today, through a mighty strength, the invocation of the Trinity,
through belief in the Threeness, through confession of the Oneness of the Creator of creation.*

Taize: Jesus, Name Above all Names, beautiful Saviour, Glorious Lord,
Emmanuel God is with us, Blessed Redeemer, Living Word.

*I arise today through the strength of Christ's birth with His baptism,
through the strength of His crucifixion with his burial,
through the strength of His resurrection with His ascension
through the strength of His descent for the judgement of doom.*

Taize: Jesus, Name Above all Names, beautiful Saviour, Glorious Lord...

*I arise today, through God's strength to hold me, God's might to uphold me,
God's wisdom to guide me, God's eye to look after me and before me, God's ear to hear me,
God's Word to speak to me, God's hand to guard me, God's shield to protect me,
God's host to save me - from snares of devils, temptations of vices,
from everyone who shall wish me ill and far away.*

Taize: Jesus, Name Above all Names, beautiful Saviour, Glorious Lord...

*Christ be before me, Christ be with me, Christ behind me, Christ in me, Christ beneath me,
Christ above me, Christ on my right, Christ on my left, Christ where I lie, Christ where I sit,
Christ where I arise, Christ in the heart of every man who thinks of me,
Christ in the mouth of every man who speaks of me, Christ in every eye that sees me,
Christ in every ear that hears me, Salvation is of the Lord.*

Taize: Jesus, Name Above all Names, beautiful Saviour, Glorious Lord...

This time is such a special time, this time is for the hearts response, drawing us deeper Jesus. You know us intimately. There are somethings we don't want you to know about us, but you need to know everything because everything has been redeemed. We can put forward exactly who we are and you love us, you are the God of unconditional love you are the God who takes me seriously when I come to look for answers. In the quiet of our souls your grace drips in and changes us from within. That change within us builds us up makes us ready helps us to move forward.

Taize: Jesus, Name Above all Names, beautiful Saviour, Glorious Lord...

How often Lord do I forget these moments of grace when I am right in the middle of things, right in the middle of anxieties or troubles, health problems, praying for my family to be healed. There is a time I need to be joyful, joyful that I am your child. To remember that you are always with me and this brings a deep sense of peace. This peace is a peace you have for everyone we don't need to look for it from anyone else we just need to ask for it. So we are asking, petitioning now in a very direct way Lord we are asking for your grace. Help us to recognise that you love us and in that love we can share that love with others, those that we meet on our journey each day.

Taize: Jesus, Name Above all Names, beautiful Saviour, Glorious Lord...

Today being the Feast of the Guardian Angels we will recite **The Guardian Angel Prayer.** *Angel of God, my guardian dear, to whom God's love commits us here. Ever this day be at my side to light, to guard, to rule and guide. Amen.* Thank you Jesus for giving us your Eucharistic Heart, thank you for your presence in our lives. We give *glory to the Father, and to the Son, and to the Holy Spirit. Amen.* [Finish with the sign of the cross. †]